

HAPPY HOLIDAYS

1970

DUKE POWER



NORTH CAROLINA

SOUTH CAROLINA

HOME SERVICE
DEPARTMENT

Flameless electric heating is pure comfort...

...makes older homes young and carefree.



Your home may not be a new one anymore. But flameless electric heating can make it *feel* new again. Because electric heating is steady and even. From ceiling to floor. Quiet, too. And absolutely free of flame or combustion. Furthermore, electric heating needs no chimney or bulky equipment. Result? You can gain extra living space.

People in over half of the new homes and apartments served by Duke Power are already enjoying the pure comfort of flameless electric heating. And older homes are joining them increasingly. It costs about the same to operate as other forms of heating, too.

So if you're thinking of modernizing or enlarging your home, talk over your conversion plans with an electrical modernization dealer today. Or ask Duke Power to recommend one for you.



Live a life of pure comfort... electrically

Duke Power



Cp641.5
D87h

TABLE OF CONTENTS

	<i>Page</i>
Appetizers and Beverages	2
Breads	4
Candy and Cookies	6
Desserts	9
Fondues	12
Salads	13
Vegetables	15
Main Dishes	17

APPETIZERS and BEVERAGES

STRAWBERRY BUTTER

1 (10-ounce) package frozen strawberries

1 cup butter
1 cup confectioners sugar, sifted

Blend on high until completely smooth.

Yield: 2 cups.

PARTY CHEESE LOGS

4 cups shredded cheddar cheese
2 (3-ounce) packages cream cheese
 $\frac{1}{3}$ cup mayonnaise
1 teaspoon Worcestershire sauce
 $\frac{1}{8}$ teaspoon onion salt

$\frac{1}{8}$ teaspoon garlic salt
 $\frac{1}{8}$ teaspoon celery salt
 $\frac{1}{2}$ cup chopped ripe olives
 $\frac{1}{3}$ cup minced dried beef
 $\frac{1}{3}$ cup minced fresh parsley

Combine cheeses, mayonnaise, sherry flavoring, Worcestershire sauce and onion, garlic and celery salts. Blend until smooth. Add olives. Cover and chill until firm. Combine dried beef and parsley; roll logs in beef and parsley. Cover and chill.

Variations: For a different taste, substitute finely chopped pecans or chopped ripe olives for dried beef.

Yield: 2 logs.

PINEAPPLE CHEESE BALL

2 (8-ounce) packages of cream cheese
1 small can crushed pineapple, drained
2 cups chopped pecans

$\frac{1}{4}$ cup chopped green pepper
1 tablespoon seasoned salt
2 tablespoons chopped onion

Add pineapple to cheese. Mix pepper, onion and salt into cheese mixture.

Add $\frac{1}{2}$ cup nuts. Form into 2 large balls, cover each with remaining nuts. Chill in refrigerator.

Yield: 2 large balls.

SHRIMP WHEELS

1 (4½ ounce) can shrimp, drained and mashed
 $\frac{1}{4}$ cup mayonnaise
2 tablespoons chopped stuffed olives

2 tablespoons chili sauce
1 tablespoon finely chopped celery
1 package refrigerated crescent rolls

In bowl, combine all ingredients except rolls. Separate rolls into 4 rectangles. Spread about $\frac{1}{4}$ cup shrimp mixture on each rectangle. Starting at short end, roll jelly roll fashion. Cut each roll into 10 slices. Place, cut side down on greased baking sheet. Bake till golden brown. Serve hot.

Cooking Time: 10 to 12 minutes. Temperature: 375°. Yield: 40.

CLAM CHOWDER MANHATTAN

- | | |
|---|-------------------------------|
| 3 cups hard-shelled clams, chopped | 1½ cups peeled cubed tomatoes |
| ¼ pound salt pork, cubed | Salt and Pepper |
| 2½ cups fish stock or chicken
consomme | Pinch of thyme |
| 2 medium onions, sliced thin | 1 bay leaf |
| 1⅓ cups cubed raw potatoes | |

Fry pork cubes, add onions and cook about 8 minutes. Add potatoes, stock and seasonings. When potatoes are almost done, add the chopped clams and tomatoes and boil about 10 minutes.

Cooking Time: About 30 minutes. Yield: 6-8 servings.

TEABERRY PUNCH

- | | |
|----------------------------------|-------------------------------------|
| 1 quart water | 2 (6-ounce) cans frozen lemon juice |
| ⅓ cup instant tea or 12 tea bags | 2 cups cranberry juice |
| 1½ cups light corn syrup | 2 large bottles ginger ale |
| 1 quart water | |

Add tea to boiling water. Steep 4 minutes; remove tea bags. Stir light corn syrup into hot tea. Add all remaining ingredients except ginger ale. Chill. Add ginger ale just before serving.

Yield: 26 (¾ cup) servings.

BROWN'N SERVE SAUSAGE WITH HOT MUSTARD DIP

- | | |
|------------------------------------|----------------------------------|
| 3 (8-ounce) packages sausage links | 1 cup mayonnaise |
| 2 tablespoons sugar | 2 teaspoons horseradish |
| 1½ tablespoons dry mustard | 1 tablespoon vinegar |
| 1 teaspoon salt | 1 tablespoon sweet pickle relish |
| ¼ cup milk | |

Cut sausage links in half and brown. Place on electric griddle to keep warm for serving. Prepare mustard dip by combining sugar, dry mustard, and salt in saucepan. Add milk, mayonnaise and horseradish. Beat until smooth. Blend in vinegar and pickle relish. Serve hot.

Yield: 60 appetizers.

CORNEB BEEF SPREAD

- | | |
|----------------------------------|------------------------|
| 2 teaspoons instant minced onion | ½ cup mayonnaise |
| 1 (12-ounce) can corned beef | 1 tablespoon vinegar |
| 8 ounces braunschweiger | ½ teaspoon dry mustard |

Soften onion in water for 5 minutes. Flake corned beef with fork. Add braunschweiger, mayonnaise, vinegar, dry mustard, and onion mixture. Place about ½ cup of mixture at a time in blender container, and blend, using medium speed. Repeat with remaining mixture. Turn into a 3½-cup molds and chill. Unmold and serve with crackers.

Yield: 3½ cups.

BREADS

CRANBERRY ORANGE OATMEAL BREAD

1½ cup sifted flour	¾ cup chopped cranberries
1 teaspoon salt	⅓ cup fresh orange juice
2 teaspoons baking powder	½ cup milk
¾ cup sugar	⅓ cup vegetable oil
1 cup oatmeal	1 egg, beaten
Grated peel of one orange	

Sift together flour, salt, baking powder and sugar. Stir in oats, orange peel and cranberries. Add oil, egg, orange juice and milk, stir only until dry ingredients are moistened. Pour batter into greased 8½ x 4½ x 2½ loaf pan. Bake. Remove from pan; cool thoroughly.

Cooking Time: 55-60 minutes. Temperature: 350°.

SURPRISE BREAKFAST CAKE

½ cup light brown sugar	½ teaspoon salt
2 tablespoons butter	2 eggs
½ teaspoon cinnamon	¾ cup sugar
10 fig newton cakes, crumbled	⅓ cup butter, melted
1½ cups sifted flour	1 teaspoon vanilla extract
2½ teaspoons baking powder	½ cup milk

Mix brown sugar, butter, cinnamon and crumbled fig newtons cakes. Set aside. Sift flour, baking powder and salt together. Beat eggs until frothy, then beat in sugar and melted butter, add dry ingredients. Pour half of mixture into 8 inch square pan which has been greased and lightly floured. Sprinkle half of fig newton topping over cake batter. Spread rest of cake batter over and top with remaining topping. Bake.

Cooking Time: 35 to 40 minutes. Temperature: 350°F. Yield: 6-8 servings.

APRICOT ALMOND COFFEE CAKE

¾ cup dried apricots, snipped	2 teaspoons baking powder
1 cup water	¾ teaspoon salt
¼ cup shortening	½ teaspoon cinnamon
¾ cup sugar	½ cup brown sugar
1 egg	⅓ cup flour
⅔ cup milk	4 tablespoons butter
1½ cups sifted flour	⅓ cup chopped almonds

In saucepan, combine apricots and water; simmer, uncovered, 15 minutes. Cool, drain, adding enough liquid to make ½ cup. Cream together shortening and sugar. Add egg and beat well. Sift together flour, baking powder, salt and cinnamon. Add to creamed mixture alternately with milk mixture, beginning and ending with dry ingredients; stir in apricots. Turn into greased 9 inch layer cake pan. Combine brown sugar and ⅓ cup flour; cut in butter until crumbly; add almonds. Sprinkle over batter in pan. Bake. Serve warm.

Cooking Time: 40 to 45 minutes. Temperature: 350°.

MAPLE PECAN ROLLS

$\frac{1}{2}$ cup warm water	$3\frac{1}{4}$ cups flour
1 envelope yeast	Butter, white sugar, cinnamon
$\frac{1}{2}$ cup melted shortening	$\frac{2}{3}$ cup firmly-packed brown sugar
1 egg	6 tablespoons melted butter
$\frac{1}{4}$ cup sugar	$1\frac{1}{3}$ cups maple syrup
$\frac{1}{2}$ cup warm water	Pecan halves
$\frac{1}{2}$ teaspoon salt	

Let yeast stand in warm water for 5 minutes. Mix shortening, sugar, remaining warm water, salt, and egg. Add yeast mixture. Stir in flour. Cover, let stand in warm place until doubled in bulk. Place on floured board; knead until smooth. Roll dough into rectangle. Brush with butter and sprinkle with white sugar and cinnamon. Roll and cut as you would biscuits. Combine brown sugar, syrup and butter and place in bottom of muffin pan. Place 3 pecan halves on top. Place cut circles of dough down in muffin pans. Bake. Remove from pans to cool.

Cooking Time: 20-30 minutes. Temperature: 350°F. Yield: 2-3 dozen.

SPANISH CORN BREAD

1 egg	$\frac{1}{2}$ cup grated cheddar cheese
$\frac{1}{4}$ cup oil	$\frac{1}{2}$ onion, chopped
$\frac{1}{2}$ cup milk	1-2 tablespoons hot peppers,
$\frac{1}{2}$ cup cream style corn	(Jalapeno) chopped
3 tablespoons sugar	$\frac{3}{4}$ cup self rising corn meal

Mix ingredients in order given. Pour into hot greased 8 inch square pan. Bake.

Cooking Time: 45 minutes. Temperature: 400°.

SPICED APPLESAUCE BREAD

$1\frac{1}{4}$ cups applesauce	$\frac{1}{2}$ teaspoon cinnamon
1 cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup cooking oil	$\frac{1}{4}$ teaspoon nutmeg
2 eggs	$\frac{1}{4}$ teaspoon allspice
3 tablespoons milk	$\frac{1}{2}$ cup chopped pecans
2 cups sifted flour	$\frac{1}{4}$ cup chopped pecans
1 teaspoon soda	$\frac{1}{4}$ cup brown sugar
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{2}$ teaspoon cinnamon

Thoroughly combine applesauce, granulated sugar, oil, eggs and milk. Sift together flour, soda, baking powder, $\frac{1}{2}$ teaspoon cinnamon, salt, nutmeg, and allspice. Stir into applesauce mixture; beat well. Fold in $\frac{1}{2}$ cup pecans. Place in well-greased 9 x 5 x 3-inch loaf pan. Combine last three ingredients; sprinkle over batter. Bake 1 hour. Remove from pan; cool on rack.

Cooking Time: 1 hour. Temperature: 350°. Yield: 1 loaf.

CANDY and COOKIES

OATMEAL PRIZES

- | | |
|--|---------------------------|
| 1 (6-ounce) package butterscotch morsels | ½ teaspoon almond extract |
| 1 cup sugar | 1 cup sifted flour |
| ½ cup shortening | ½ teaspoon baking soda |
| 1 egg | ½ teaspoon salt |
| 1 teaspoon vanilla | 1 cup flaked coconut |
| | 1 cup rolled oats |

Melt butterscotch morsels over hot water; remove from water. Combine and beat till creamy the sugar, shortening, egg, vanilla, and almond extract. Sift together and blend in gradually the flour, baking soda, and salt. Blend in melted butterscotch. Stir in oats and coconut. Drop by rounded teaspoonfuls onto greased cookie sheets. Bake.

Cooking Time: 12 minutes. Temperature: 350°. Yield: 5 dozen.

ORANGE DROP COOKIES

- | | |
|----------------------------------|---------------------------|
| ¾ cup shortening | 1 teaspoon vanilla |
| 4 tablespoons butter | 3½ cups sifted flour |
| 1½ cups brown sugar | 2 teaspoons baking powder |
| 2 eggs | 1 teaspoon soda |
| 1 cup sour milk | ¼ teaspoon salt |
| 2 tablespoons grated orange peel | 1 cup chopped pecans |
| ¼ cup orange juice | Pecan halves |

In mixer bowl, cream together shortening, butter, brown sugar; beat in eggs. Slowly beat in sour milk, orange peel, juice and vanilla. Sift together flour, baking powder, soda, and salt; blend into creamed mixture. Stir in chopped pecans. Drop from teaspoon onto greased cookie sheet. Place pecan half on each cookie. Bake.

Cooking Time: 12 minutes. Temperature: 350°. Yield: 8 dozen.

CANDY CANE COOKIES

- | | |
|-----------------------------|--------------------------------|
| ½ cup butter softened | 2½ cups flour |
| ½ cup shortening | 1 teaspoon salt |
| 1 cup confectioners sugar | ½ teaspoon red food color |
| 1 egg | ½ cup crushed peppermint candy |
| 1½ teaspoons almond extract | ½ cup sugar |
| 1 teaspoon vanilla | |

Mix butter, shortening, confectioners sugar, egg, and flavorings. Blend in flour and salt. Divide dough in half; blend food color into one half. Shape one teaspoon dough from each half into 4-inch rope. For smooth, even ropes, roll them back and forth on lightly floured board. Place ropes side by side; press together lightly and twist. Complete cookies one at a time. Place on ungreased baking sheet. Curve top down to form handle of cane. Bake until light brown. Mix candy and granulated sugar. Immediately sprinkle cookies with candy mixture. Remove from baking sheet.

Cooking Time: Approx. 9 minutes. Temperature: 375°. Yield: 4 dozen.

HOLLAND ALMOND WAFERS

2¾ cups flour
2 teaspoons cinnamon
½ teaspoon nutmeg
¼ teaspoon soda
¼ teaspoon salt

1 cup soft butter
1 cup light brown sugar, firmly packed
¼ cup sour cream
½ cup finely chopped blanched almonds

Sift flour, cinnamon, nutmeg, salt, and soda; set aside. In large bowl of electric mixer, beat butter, sugar, and sour cream until smooth and fluffy. At low speed, beat in half the flour mixture. Knead in remaining flour mixture and the almonds to form a stiff dough. Turn out dough onto lightly floured surface. Divide in half. Shape each half into a roll 7 inches long. Wrap each roll in saran or foil. Refrigerate until firm. Cut into ⅛-inch slices. Place slices, one inch apart, on ungreased cookie sheets. Bake.

Cooking Time: 8-10 minutes. Temperature: 375°. Yield: 9 dozen.

BANANA-CHIPS BARS

¾ cup butter
⅔ cup sugar
⅔ cup brown sugar
1 teaspoon vanilla
2 medium bananas, mashed (1 cup)
1 egg

2 cups flour
2 teaspoons baking powder
½ teaspoon salt
1 (6-ounce) package semisweet chocolate pieces
1 cup nuts

Cream butter, sugar, and brown sugar till light and fluffy. Add egg and vanilla; beat well. Stir in mashed bananas. Sift together flour, baking powder and salt. Add to creamed mixture; beat until well combined. Stir in chocolate pieces. Spread evenly in greased and floured 15½ x 10½ x 1-inch baking pan. Bake. Cool and cut in squares.

Cooking Time: 25 minutes. Temperature: 350°F. Yield: 3 dozen.

PEANUT TOFFEE DIAMONDS

½ cup chunk style peanut butter
½ cup butter
1 cup brown sugar, packed
1 egg
1 teaspoon vanilla

¼ teaspoon salt
2 cups sifted flour
1 cup chocolate bits, melted
½ cup chunk style peanut butter
Whole salted peanuts

Cream ½ cup peanut butter with butter; add sugar gradually; beat in egg until fluffy. Blend in vanilla, salt and flour; pat into greased 10 x 15 x 1-inch pan and bake. Blend chocolate with ½ cup peanut butter; spread over hot cooky surface. Cut into diamonds while warm; place a peanut in center of each diamond.

Cooking Time: 25 minutes. Temperature: 325°F. Yield: 4 dozen.

ICED ALMONDS

- | | |
|------------------------------|--------------------|
| 1 cup whole blanched almonds | ½ teaspoon vanilla |
| ½ cup sugar | ¼ teaspoon salt |
| 2 tablespoons butter | |

Heat almonds, sugar, and butter in heavy skillet over medium heat, stirring constantly, till almonds are toasted and sugar is golden brown, about 15 minutes. Stir in vanilla. Spread nuts on a sheet of aluminum foil; sprinkle with salt. Cool; break into 2- or 3-nut clusters.

TRI-LEVEL BROWNIES

Bottom Layer

- ½ cup flour
- ¼ teaspoon soda
- ¼ teaspoon salt
- 1 cup quick-cooking rolled oats
- ½ cup brown sugar
- 6 tablespoons melted butter

Middle layer

- 1 square unsweetened chocolate, melted
- ¾ cup sugar

- 1 egg
- ⅔ cup flour
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- ¼ cup milk
- ½ teaspoon vanilla
- ½ cup chopped nuts

Top layer

- 1 square unsweetened chocolate
- 2 tablespoons butter
- 1½ cups confectioner's sugar
- 1 teaspoon vanilla

Bottom layer. Sift dry ingredients; mix with rolled oats and brown sugar. Stir in butter. Pat mixture in 7 x 11 x 1½-inch pan. Bake for 10 minutes.

Middle layer. Combine chocolate, butter and sugar; add egg and beat well. Sift together dry ingredients. Add alternately with milk and vanilla to chocolate mixture. Fold in nuts. Spread batter over baked layer. Return to oven and bake for 25 minutes more.

Top layer. Melt chocolate and butter over low heat stirring until chocolate melts. Remove from heat and add sugar and vanilla. Blend in about 2 tablespoons hot water. Spread over baked brownies. To serve, cut in bars. May be topped with walnut halves.

Cooking Time: 35-40 minutes. Temperature: 350°. Yield: 32 bars.

SOUR CREAM FUDGE

- | | |
|------------------------|----------------------------------|
| 2 cups sugar | ¼ teaspoon salt |
| ½ cup sour cream | 2 teaspoons vanilla |
| ⅓ cup white corn syrup | ¼ cup quartered candied cherries |
| 2 tablespoons butter | 1 cup coarsely chopped walnuts |

Combine first five ingredients in saucepan; bring to a boil slowly, stirring until sugar dissolves. Boil without stirring, over medium heat, to 236° on a candy thermometer, or to the soft ball stage. Remove from heat and let stand fifteen minutes. Add flavoring; beat until mixture starts to lose its gloss. Stir in candied cherries and walnuts, and quickly pour into a greased shallow pan. Cool and cut into squares.

Yield: 1½ pounds.

DESSERTS

APPLE-CARAMEL PIE

- | | |
|-------------------------------|----------------------------------|
| ½ pound (28) light caramels | 3 tablespoons lemon juice |
| ½ cup evaporated milk | 1 (8-ounce) package cream cheese |
| 6 cups pared, sliced apples | 1 egg |
| 1 cup sugar | ⅓ cup sugar |
| ⅓ cup flour | ⅓ cup chopped walnuts |
| 2 teaspoons grated lemon rind | 2 (9-inch) unbaked pie shells |

Melt caramels with milk over boiling water stirring occasionally. Combine next 5 ingredients and pour into pie shells. Drizzle caramel sauce in strips over apples. Beat cream cheese, sugar and egg until smooth and spoon between caramel strips. Sprinkle walnuts on top.

Cooking Time: 40 minutes. Temperature: 375°F. Yield: 2 pies

EASY COCONUT PIE

- | | |
|-----------------------|----------------------------------|
| ¾ stick butter melted | 1 (13-ounce) can evaporated milk |
| 1 ⅓ cups sugar | 1 (3½-ounce) can coconut |
| 2 tablespoons flour | 1 teaspoon vanilla |
| 3 eggs | |

Combine flour and sugar; add to butter. Add eggs one at a time. Add milk; fold in coconut and vanilla. Pour into heavily greased and floured 9-inch pan.

Cooking Time: 30-40 minutes. Temperature: 350°. Yield: 8 servings.

HAWAIIAN PINEAPPLE NUT CAKE

- | | |
|--|-------------------------------|
| 1 (8 ounce) can crushed pineapple
drained | ¾ cup flour |
| ½ cup chopped nuts | ¼ teaspoon baking soda |
| 2 eggs, beaten | 1 teaspoon salt |
| ½ cup melted butter | 1 cup sugar |
| | 1 cup sweetened whipped cream |

Sift together flour, soda and salt. Combine butter and sugar. Add eggs and mix well. Sift flour mixture into the batter, stirring till blended. Add pineapple and nuts. Pour into greased 9-inch pan. Top with whipped cream for serving.

Cooking Time: 1 hour. Temperature: 325°. Yield: Serves 6-8.

APRICOT CASSEROLE

- | | |
|--------------------------------|-----------------------------|
| 1 can peeled apricots, drained | 4-5 tablespoons brown sugar |
| 6-8 Ritz crackers, crushed | ¼ stick butter |

Place apricot halves in casserole dish; cover with Ritz crackers. Sprinkle with brown sugar and dot with butter. Bake.

Cooking Time: 25 minutes. Temperature: 350°. Yield: 4 servings.

WALNUT CHOCOLATE CAKE

1 cup water
1½ teaspoons soda
½ cup cocoa
⅔ cup butter
1¾ cups sugar
2 eggs

2½ cups sifted flour
½ teaspoon salt
1 teaspoon vanilla
¾ cup buttermilk
1 cup chopped walnuts

Filling

2 cups sugar
2 squares chocolate

½ cup milk
1 stick butter

Mix water, soda, and cocoa and let stand while mixing batter. Cream sugar and butter. Add eggs, one at a time. Add alternately flour, salt, and buttermilk. Combine batter with first mixture. Add walnuts. Bake in three 8-inch layer pans.

Filling

Bring to boil and cook 2 minutes without stirring. Beat well and spread.

Cooking Time: 30-40 minutes. Temperature: 350°. Yield: 20 slices.

PINEAPPLE POUND CAKE

½ cup shortening
½ pound butter
2¾ cups sugar
3 cups flour
5 eggs
1 teaspoon baking powder
½ teaspoon salt

¼ cup milk
1 teaspoon vanilla
¾ cup undrained crushed pineapple
¼ cup butter
1½ cups confectioner's sugar
1 cup drained pineapple

Cream shortening, butter and sugar. Add eggs, one at a time. Sift together flour, salt, and baking powder. Add alternately with milk and vanilla. Stir in crushed pineapple. Blend well. Pour into well-greased tube pan. Place in cold oven. Bake.

Cream ¼ cup butter and powdered sugar. Blend in drained pineapple. Pour over cake while hot.

Cooking Time: 1½ hours. Temperature: 325°. Yield: 1 cake.

OATMEAL PIE

¾ cup butter, melted
⅔ cup sugar
2 eggs
⅔ cup uncooked regular oatmeal

⅔ cup white corn syrup
¼ teaspoon salt
1 teaspoon vanilla
⅔ cup coconut
1 9-inch unbaked pie shell

Mix butter and sugar; add eggs and beat well. Blend in remaining ingredients. Pour into pie shell and bake. Serve when cool.

Cooking Time: 35 minutes. Temperature: 350°. Yield: 1 9-inch pie.

JAPANESE ORANGE FLUFF

- | | |
|---|--------------------------------|
| 1 (11-ounce) can mandarin oranges,
drained | ½ cup heavy cream, whipped |
| 1 egg, well beaten | 1 cup miniature marshmallows |
| 3 tablespoons lemon juice | 1 cup sliced bananas |
| 3 tablespoons sugar | ½ cup slivered toasted almonds |
| | Angel food cake |

Combine egg, lemon juice, and sugar in top of double boiler. Cook over hot water, stirring until thickened. Cool. Fold in whipped cream, mandarin oranges, marshmallows and bananas. Refrigerate until chilled. Fold in almonds. Spoon over slices of cake.

Yield: 10 servings.

PINK CLOUD HOLIDAY PIE

- | | |
|---|---------------------------------|
| 1 roll refrigerated Slice'n Bake
Sugar Cookies | ¼ cup drained pineapple tidbits |
| 1 cup heavy cream | ½ cup miniature marshmallows |
| 2 tablespoons confectioner's sugar | 1 teaspoon rum flavoring |
| ¼ cup raisins | Few drops red food coloring |

Lightly grease and sugar bottom and sides of 9-inch pie pan. Slice cookie dough 1/8-inch thick. Line bottom and sides of pan with cookie slices, overlapping slightly to form a scalloped edge. Bake until golden brown. Cool. Whip cream until thick. Add sugar. Fold in remaining ingredients. Spoon onto cooled cookie crust. Chill at least 1 hour.

Cooking Time: 8-10 minutes for crust. Temperature: 375°. Yield: 9-inch pie.

EGG CUSTARD PIE

- | | |
|-----------------------------|----------------------|
| 1 large can evaporated milk | 2 tablespoons butter |
| 1 cup sugar | 1 teaspoon vanilla |
| 3 tablespoons flour | ⅛ teaspoon nutmeg |
| 3 eggs | Cinnamon |

Blend all ingredients in blender except cinnamon. Generously grease and flour 9-inch pie plate. Pour pie filling in plate. Sprinkle cinnamon on top.

Cooking Time: 30 minutes. Temperature: 325°. Yield: 1 9-inch pie.

MINCE CREAM PIE

- | | |
|---------------------------------------|--------------|
| 1½ cups prepared mincemeat | 1½ cups milk |
| 1 package instant vanilla pudding mix | Dash nutmeg |
| 3 inch strip orange peel | |

Spoon prepared mincemeat into 8-inch baked pastry shell. Place orange peel in blender container; cover and chop. Add milk and one package instant vanilla pudding mix to peel in blender container. Cover and blend 5 seconds. Pour over mincemeat; sprinkle with a little ground nutmeg. Chill thoroughly before serving.

Yield: 6 servings.

FONDUES

BEEF FONDUE

2 pounds beef tenderloin, cut
in one-inch cubes

3 cups oil
1 teaspoon salt

About fifteen minutes before dinner blot cubes dry and mound on bed of greens. In electric fondue pot heat oil and salt on high. Spear cube with fondue fork; cook in hot oil. Dip cooked meat in sauce of your choice.

FONDUE SAUCE

Gentleman's Choice

½ cup mayonnaise
1 teaspoon lemon juice

1 teaspoon chopped onion
1 tablespoon horseradish

Combine all ingredients. Yield: ½ cup.

FONDUE SAUCE

Brown Mushroom Sauce

2 tablespoons butter
2 tablespoons flour
⅔ cup consommé

1 tablespoon Worcestershire sauce
½ cup chopped mushrooms
½ cup sour cream

Melt butter in saucepan. Blend in flour. Gradually stir in consomme. Cook until thickens. Blend in remaining ingredients. Serve hot. Yield 1½ cups.

FONDUE SAUCE

Easy Cheese Fondue

2 packages white sauce mix
1 cup sharp cheddar cheese, shredded

1 cup Swiss cheese, shredded
1½ teaspoons minced onion

Prepare sauce mix as directed. Turn control to medium; add cheeses, stirring constantly until melted. Add onion.

Dippers: French bread cubes, cooked shrimp, ham cubes, green peppers and cherry tomatoes.

FRITTER BATTER

1 cup flour
3 tablespoons sugar
1½ teaspoons baking powder
½ teaspoon salt

2 eggs, beaten
⅓ cup milk
1 tablespoon melted butter

Whiz all ingredients in blender on low speed until smooth. Use for making fruit fritters. Yield: 1½ cups.

Dip fruit in batter, brown in oil and roll in sugar.

SALADS

MANDARIN ORANGE DELIGHT

1 carton orange-pineapple yogurt
1 cup non-dairy whipped topping

1 (11-ounce) can mandarin oranges
drained

Combine all ingredients reserving several orange segments for garnishing. Serve on lettuce leaf.

Yield: 4 servings.

"AK" SALAD DRESSING

3 hard-cooked chopped eggs
 $\frac{3}{4}$ cup sweet chopped pickle
 $\frac{3}{4}$ cup tomato catsup

$\frac{1}{2}$ cup mayonnaise
1 small diced onion
 $\frac{1}{2}$ teaspoon salt

Combine all ingredients. Chill and serve over lettuce.

Yield: $2\frac{1}{2}$ cups.

CRUNCHY CHICKEN SALAD

2 cups diced cooked chicken
1 cup diced celery
 $\frac{1}{2}$ cup grape nuts cereal
 $\frac{1}{2}$ cup mayonnaise

2 hard cooked eggs, chopped
 $\frac{1}{4}$ cup pickle relish
2 tablespoons lemon juice
1 teaspoon salt
Dash of pepper

Combine all ingredients and mix lightly. Serve on lettuce leaves or crisp salad greens. Garnish with additional mayonnaise and sprinkle with cereal.

Yield: 8 servings.

GRAPEFRUIT-GINGER SALAD

1 envelope unflavored gelatin
2 tablespoons sugar
 $\frac{1}{8}$ teaspoon salt
1 (one-pound) can unsweetened
grapefruit sections

2 tablespoons lemon juice
 $\frac{1}{4}$ cup diced celery
 $\frac{1}{4}$ cup diced apples
1 teaspoon chopped crystallized ginger

Mix gelatin, sugar and salt in saucepan. Drain syrup from grapefruit sections; add water to make $1\frac{1}{4}$ cups and add $\frac{1}{2}$ cup to gelatin mixture. Over low heat stir until gelatin is dissolved. Remove from heat; stir in remaining liquid and lemon juice. Chill to unbeaten egg white consistency. Fold in remaining ingredients. Turn into 3-cup mold. Chill.

Yield: 6 servings.

CRANBERRY CONSERVE

1 pound fresh cranberries
2 cups chopped apples
1 cup chopped orange
Grated rind of 1 orange

$\frac{1}{2}$ cup raisins
 $3\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup English walnuts

Cook berries until they pop (about 5 minutes). Add other ingredients except nuts. Simmer 30 minutes, then add nuts.

Cooking Time: 30 minutes. Yield: 1 pint.

ELEGANT FRUIT SAUCE

½ cup butter
½ cup firmly packed brown sugar
Dash of cinnamon

Pineapple chunks
Bananas, quartered
½-1 teaspoon rum extract
Ice Cream

In preheated electric frypan (340 degrees) or chafing dish melt butter. Add brown sugar and cinnamon and stir until mixture begins to thicken. Add pineapple and bananas to syrup, turning until fruit is well glazed and syrup has thickened. Add rum extract. Fruit may be served as is; or as a topping for ice cream.

Temperature: 340°. Yield: 6 servings.

BACON PECAN DRESSING

4 slices bacon, chopped
¼ cup broken pecans
2 tablespoons chili sauce
½ teaspoon prepared mustard

¼ teaspoon salt
Dash of pepper
½ cup sour cream or yogurt

In an electric frypan brown bacon until crisp; drain. Saute pecans in bacon drippings; drain. Blend together chili sauce, mustard, salt, pepper, bacon and pecans; fold in sour cream.

Yield: 1 cup.

DELICIOUS ORANGE SALAD

1 (6-ounce) package orange gelatin
2 cups hot water
1 small can frozen orange juice
2 cans mandarin oranges, drained
1 (1-pound) can crushed pineapple, undrained

Topping:
1 (3-ounce) package instant lemon pudding
1 cup milk
½ pint whipping cream
½ cup sugar
1 teaspoon vanilla

Mix gelatin with hot water, stir in undiluted orange juice. Cool. Add oranges and pineapple to gelatin mixture. Pour into 13 x 11 dish and congeal.

Topping: Beat pudding with milk until firm. Whip cream adding sugar and vanilla. Fold cream into pudding and spread on gelatin.

Yield: Serves 12.

CREAMY DREAM SALAD

1 (8-ounce) package cream cheese, softened
¼ cup sour cream
2 tablespoons confectioner's sugar
1 tablespoon lemon juice
½ teaspoon salt

1 cup diced bananas
1 (8½-ounce) can pineapple tidbits, drained
½ cup diced orange sections
½ cup halved maraschino cherries
½ cup chopped pecans
1 cup whipping cream, whipped

In a small mixing bowl beat together cream cheese, sour cream, sugar, lemon juice and salt until light and fluffy. Fold in bananas, pineapple, oranges, cherries, pecans and cream. Turn into 6-cup shallow mold; chill until firm. Unmold. Garnish with maraschino cherries if desired.

Yield: 10-12 servings.

VEGETABLES

GREEN BEANS SUPREME

- | | |
|--|-------------------------------|
| 2 (9-ounce) packages frozen French-cut green beans | 1 teaspoon salt |
| 2 tablespoons butter | ¼ teaspoon pepper |
| ⅓ cup chopped onion | 1 cup sour cream |
| 2 tablespoons flour | ½ cup shredded cheddar cheese |

Cook beans according to package directions; drain. In small saucepan melt butter; saute onion until tender. Add flour, salt and pepper, mixing well. Blend in sour cream and heat thoroughly. (Do not boil.) Stir into beans and turn into casserole. Top with cheese. Bake.

Cooking Time: 15 minutes. Temperature: 350°. Yield: 6-8 servings.

BROCCOLI PARMESAN

- | | |
|--|-----------------------------|
| 2 (10-ounce) packages frozen broccoli spears | 1 can cream of chicken soup |
| 2 tablespoons butter | ⅔ cup milk |
| ¼ cup chopped onion | ⅓ cup Parmesan cheese |

Cook broccoli in boiling water until tender. Drain. Melt butter in saucepan; add onion and cook until tender but not brown. Blend in soup, milk, and cheese. Heat thoroughly. Serve sauce over hot broccoli.

Yield: 6-8 servings.

EGGPLANT CRUNCH CASSEROLE

- | | |
|--|--|
| 1 pound eggplant, pared and cubed (about 2 cups) | 4 tablespoons butter |
| 1 cup chopped celery | 1 (8-ounce) can tomato sauce |
| ½ cup chopped onion | 4 ounces sharp processed American cheese, shredded (1 cup) |
| ½ cup chopped green pepper | 1½ cups coarsely crushed corn chips |

In large skillet, cook eggplant, celery, onion, and green pepper in butter until tender, about 15 minutes. Stir in tomato sauce, cheese and 1 cup corn chips. Bake in 1½-quart covered casserole. Before serving, wreath with the remaining corn chips.

Cooking Time: 25-30 minutes. Temperature: 350°F. Yield: 6-8 servings.

ASPARAGUS-ALMOND CASSEROLE

- | | |
|----------------------|--------------------------------|
| 4 tablespoons butter | 1 cup grated cheddar cheese |
| 4 tablespoons flour | 1 large can asparagus, drained |
| Salt to taste | ½ cup chopped almonds |
| 1½ cups milk | Buttered bread crumbs |

Melt butter; blend in flour and salt. Gradually add milk. Cook until thickened, stirring constantly. Add cheese and stir until melted. Alternate layers of asparagus, sauce and almonds in casserole, ending with sauce. Cover with bread crumbs. Bake.

Cooking Time: 15 minutes. Temperature: 350°. Yield: 8 servings.

HERBED POTATO FLUFF

Package instant mashed potatoes (enough for 4 servings)	2 tablespoons snipped chives
1 cup cream-style cottage cheese	½ teaspoon celery salt
½ cup sour cream	2 tablespoons finely snipped parsley
3 eggs separated	2 tablespoons butter

Prepare potatoes according to package directions. Beat in cottage cheese, sour cream, egg yolks, chives and celery salt. Beat egg whites until stiff. Fold into potato mixture, add parsley. Turn into 2-quart casserole; dot with butter. Bake.

Cooking Time: 1 hour. Temperature: 350°F. Yield: 8 servings.

GERMAN POTATO SALAD

10-12 large potatoes	½ cup sugar
6-8 strips bacon, crumbled	½ cup water
2 large onions, diced	Salt and pepper, to taste
¼ cup vinegar	Optional: celery, parsley, hard-boiled eggs

Peel potatoes, and cut in large squares. Boil in salted water until just tender. Do not overcook. Drain.

Fry bacon until crisp. Crumble.

In drippings, fry diced onions until golden brown. Pour vinegar, sugar, and water into frying pan with onions, and bring to boil.

Add potatoes and bacon. Toss together.

Celery, parsley, and hard-boiled eggs may be added, if desired. Season to taste. Serve hot.

Yield: 10-12 servings.

EASY CHILI CASSEROLE

Mush:

½ cup corn meal
¾ teaspoon salt
½ cup cold water
1 cup boiling water

Chili Filling:

1 (7-ounce) can whole kernel
corn, drained
1 (15-ounce) can chili without beans
1 (1-pound) can kidney beans, drained
½ cup sliced pitted ripe olives
1½ cups grated American cheese

For mush, combine corn meal, salt and cold water. Slowly pour into boiling water, stirring constantly. Cook until thickened. Cover, continue cooking over low heat about 15 minutes, stirring occasionally. Remove from heat. Pour mush into 2-quart baking dish which has been rinsed with cold water. Cool slightly; cover and refrigerate about 1 hour or until mush is firm. Cut mush into small pieces. Combine corn, chili, beans and olive slices with mush pieces in baking dish. Sprinkle with grated cheese. Garnish with additional olive slices. Bake, uncovered.

Cooking Time: 35 minutes. Temperature: 350°. Yield: 6 servings.

MAIN DISHES

EYE OF ROUND DELIGHT

4-6 eye of round slices	2 tablespoons salt
¼ cup fat	1 beef boullion cube
3 tablespoons minced onions	2 tablespoons Worcestershire sauce
1 cup tomatoes	¼ teaspoon pepper
½ cup red cooking wine	1 tablespoon cornstarch

Melt fat in frypan. Brown pieces of meat on both sides. Push meat aside and saute onions until brown. Add tomatoes. Soften boullion cube in wine sauce and stir into mixture, add salt and pepper. Simmer in covered frypan about 5 minutes. Mix cornstarch and Worcestershire sauce and stir into mixture. Continue cooking for 40 minutes. Serve over rice.

Cooking Time: 45 minutes. Temperature: simmer. Yield: 4-6 servings.

BARBECUED LIMAS AND HAM

1½ cups dried large lima beans	½ cup catsup
1 teaspoon salt	1 tablespoon Worcestershire sauce
5 cups water	1 teaspoon salt
1 cup cubed cooked ham	¼ teaspoon chili powder
1 medium onion, sliced	Dash tabasco

Heat beans, salt and water to boiling. Cover; simmer 1 hour. Drain, reserving ½ cup liquid. Layer beans, ham and onion in ungreased 2-quart bean pot or casserole. Stir together remaining ingredients and reserved liquid; pour over beans. Cover; bake 1 hour or until beans are tender.

Cooking Time: 1 hour. Temperature; 350°F. Yield: 6 servings.

BAKED CHICKEN A LA FRUIT

⅔ cup flour	3 tablespoons chopped onion
1½ teaspoon salt	1 tablespoon brown sugar
1 teaspoon paprika	¼ teaspoon thyme
¼ teaspoon poultry seasoning	¼ teaspoon salt
Dash pepper	½ cup unsweetened pineapple juice or apple juice
2½ to 3 pound frying chicken, disjointed	1 teaspoon grated lemon peel
¼ cup butter	¼ cup lemon juice

Combine first five ingredients. Use to coat chicken. Melt butter in 11½ x 7½ x 1½-inch baking dish; add chicken, skin side down. Bake 25 minutes. Turn chicken. Combine remaining ingredients; pour over chicken. Bake 25 minutes or until tender.

Cooking Time: 50 minutes. Temperature: 350°. Yield: 6 servings.

CORNISH GAME HENS WITH PINEAPPLE-WILD RICE STUFFING

8 Rock Cornish game hens	3 cups cooked wild rice
$\frac{3}{4}$ cup butter or margarine	3 cups cooked rice
$1\frac{1}{3}$ cups canned mushroom pieces and stems, drained	1 cup drained crushed pineapple
$\frac{1}{2}$ cup chopped onion	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{4}$ cup chopped green pepper	$\frac{1}{4}$ teaspoon pepper

Lightly sprinkle cavity of hens with salt. Melt $\frac{1}{4}$ cup butter in large skillet. Saute mushrooms, onion and green pepper in butter. Add wild rice, pineapple, salt and pepper. Toss lightly. Stuff hens. Fasten with skewers or wooden picks. Place breast sides up on rack of roasting pan. Bake for 1 hour. Cover and bake one hour longer until tender.

Cooking Time: 2 hours. Temperature: 325°. Yield: 8 servings.

MARINATED FLANK STEAK

<i>Marinade:</i>	2 teaspoons dry mustard
$\frac{3}{4}$ cup maple syrup	1 teaspoon salt
$\frac{1}{2}$ cup soy sauce	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{4}$ cup vinegar	1 clove garlic, crushed
	One $1\frac{1}{2}$ -2 pounds flank steak

Combine the marinade ingredients and pour over flank steak in shallow baking dish. Let meat stand in marinade for 24 hours. Remove steak from marinade and place on broiler pan. Broil 5 inches from source of heat about 7 minutes on each side. Starting at the narrow end, thinly slice steak diagonally across the grain of the meat.

Cooking Time: 14 minutes. Temperature: Broil. Yield: Serves 6.

HAMBURGER SOUR CREAM CASSEROLE

1 (8-ounce) package wide noodles	2 cups cottage cheese
2 tablespoons butter	1 cup sour cream
2 pounds ground beef	1 teaspoon salt
2 (8-ounce) cans tomato sauce	$\frac{1}{2}$ cup chopped green pepper
2 tablespoons flour	$\frac{1}{2}$ cup chopped onions

Cook noodles according to package directions. Brown meat in butter, drain and add tomato sauce and flour. Simmer till thickened.

Combine cottage cheese, sour cream, salt, onions and green pepper. Place half the noodles in bottom of a casserole dish. Layer with half the sour cream mixture and top with half the hamburger mixture. Repeat in second casserole. Cover and bake.

Cooking Time: 30 minutes. Temperature: 350°. Yield: 2 casseroles, serves 12.

NEW ORLEANS CASSEROLE

- | | |
|--|-----------------------------------|
| 4 cups cooked rice | 2 tablespoons minced parsley |
| 1 (10¾-ounce) can condensed cream of celery soup | 1 teaspoon salt |
| ¾ cup milk | 1 teaspoon Worcestershire |
| 2 cups cooked shrimp, cut in half | 1 cup slightly crushed cornflakes |
| 2 tablespoons chopped onion | ⅔ cup slivered toasted almonds |
| | ¼ cup melted butter |

Blend soup with milk. Combine shrimp, onions, parsley and seasonings with rice and cream of celery sauce; pour into greased 1½-quart casserole. Combine cornflakes, almonds, and butter, sprinkle on top of casserole.

Cooking Time: 20-25 minutes. Temperature: 375°F. Yield: 6 servings.

CHEESED CHICKEN KIEV

- | | |
|---|--|
| 8 breasts, skinned and boned | ½ teaspoon lemon-pepper seasoning |
| ¼ cup butter, softened | 2 eggs, beaten slightly with 1 table-
spoon water and ½ teaspoon salt |
| 1 (3-ounce) package cream cheese,
softened | ¼ cup flour |
| ¼ teaspoon salt | 1 cup fine bread crumbs |
| ½ teaspoon instant minced onion | 4 cups shortening |
| ½ teaspoon salad herbs | |

Cream butter and cream cheese with seasonings. Chill. Flatten chicken breasts between waxed paper with rolling pin. Divide chilled cheese-butter in eighths. Place spoonful on each breast and roll up, cigar-like, folding in ends to hold filling firmly. Fasten with wooden toothpicks. Flour breasts; coat in beaten egg, then in crumbs. Melt shortening at 370 degrees in electric skillet. Reduce heat to 360 degrees F. and fry chicken turning often until chicken is a rich, deep brown (approximately 10-15 minutes). Remove toothpicks. Serve hot.

Cooking Time: 10-15 minutes. Temperature: 370°F. to 360°F. Yield: 8 servings.

CHICKEN WALNUT CASSEROLE

- | | |
|---|------------------------------|
| 3 cups cooked rice | 1 can cream of mushroom soup |
| ½ cup chopped stuffed olives | 1 cup chicken broth |
| ½ cup chopped English walnuts | ½ cup cracker crumbs |
| 2 cups cooked chicken, cut into
large pieces | |

Combine rice, olives and walnuts and place half in a greased 1½-quart casserole. Combine chicken and soup; spoon half over rice. Add remaining rice mixture; top with last half of chicken mixture and broth. Bake covered 350 degrees F. for 40 minutes. Sprinkle with cracker crumbs, and brown for 10 minutes.

CHICKEN NUGGETS

4 chicken breasts
(boned and cut into strips)
 $\frac{1}{2}$ cup melted butter
 $\frac{1}{2}$ cup bread crumbs

$\frac{1}{4}$ cup Parmesan cheese
1 teaspoon each salt, leaf thyme
and leaf oregano

Dip chicken in melted butter, roll in crumb mixture. Bake.

Cooking Time: 10 minutes. Temperature: 400°F.

MUSTARD BARBECUE RIBS

1 cup catsup
 $\frac{1}{2}$ cup water
 $\frac{1}{3}$ cup red wine vinegar
 $\frac{1}{4}$ cup cooking oil
2 tablespoons instant minced onion
1 tablespoon brown sugar
1 tablespoon Worcestershire sauce
1 tablespoon whole mustard seed

2 teaspoons paprika
1 teaspoon crushed oregano
1 teaspoon chili powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground cloves
1 bay leaf
1 clove garlic, minced
4 pounds spareribs

In saucepan, combine all ingredients except ribs. Simmer, uncovered, 15-20 minutes. Remove bay leaf. Set sauce aside. Lightly salt ribs. Cook meaty side down in roasting pan at 450 degrees for 30 minutes. Drain off excess fat and turn ribs. Reduce oven temperature to 350 degrees; roast 1 hour more. Drain off excess fat and roast 30 minutes more, basting occasionally with sauce.

Yield: 4 servings.

GOLDEN-FLAVORED PORK CHOPS

$\frac{3}{4}$ cup crushed corn flakes
1 teaspoon salt
Dash of pepper
4 pork chops, $\frac{1}{2}$ -inch thick

1 well beaten egg
 $\frac{1}{4}$ cup butter
 $\frac{1}{4}$ teaspoon grated orange rind
 $\frac{1}{2}$ cup orange juice

Crush corn flakes in blender. Add salt and pepper. Dip pork chops in egg, then in corn flakes mixture to coat. In electric frypan melt butter and brown chops. Sprinkle orange rind over chops and pour juice over all. Cover and bake 20 minutes; uncover and bake 10 additional minutes.

Cooking Time: 30 minutes. Temperature: 325°F. Yield: 4 servings.

VEAL MADELEINE

2 pounds boneless veal, cubed
2 tablespoons flour
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

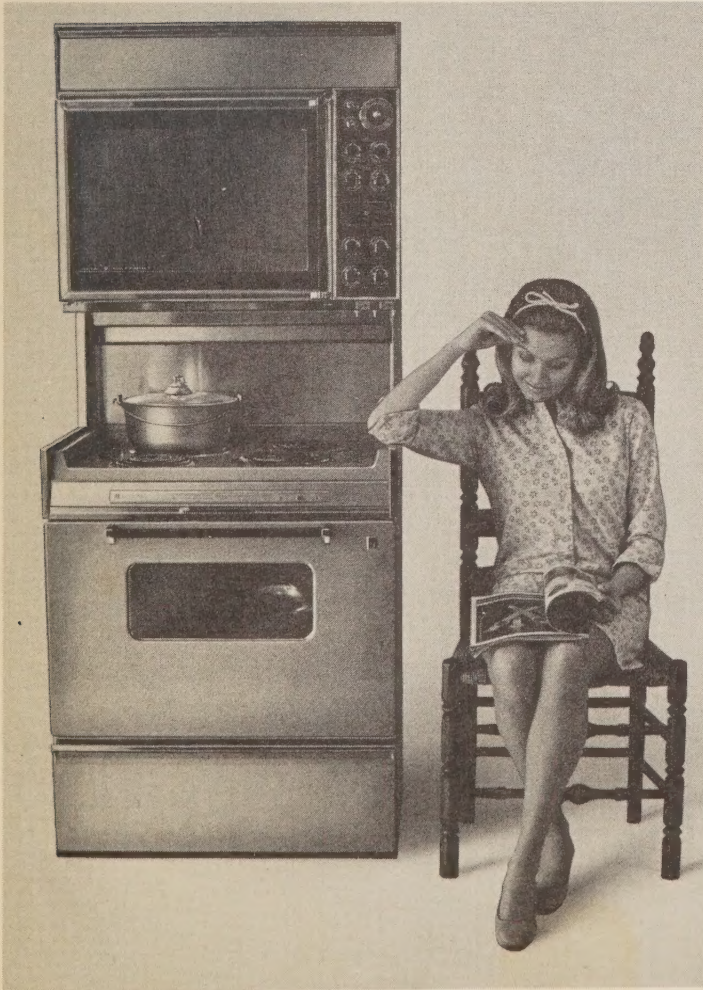
4 tablespoons melted butter
2 one-inch wide strips lemon peel
1 cup boiling water
1 cup heavy cream

Coat veal with seasoned flour. Brown in melted butter. Add lemon peel and water. Cover. Simmer until tender. Remove peel; stir in cream.

Cooking Time: About 1½ hrs. Temperature: Simmer. Yield: 6 servings.

Meet the perfect electric chef.

A flameless electric range that turns itself on...
Cooks meals to perfection...
Turns itself off...
And even cleans up after itself!



Now you have a choice. You can do the cooking . . . or let the electric range do it while you go shopping. Either way, it's just as easy. Because the flameless electric range offers precise control for perfectly-cooked meals.

And since its flameless, your whole kitchen stays cleaner all year round.

The electric range also cleans up after itself. Automatically. Electrically. Without muss or fuss. Just set the controls and forget about it. And the range does the rest.

For more information on today's modern self-cleaning electric range, ask your favorite electric appliance dealer or Duke Power.

Live a life of pure comfort... electrically. **Duke Power**





THE LIBRARY OF THE
UNIVERSITY OF
NORTH CAROLINA
AT CHAPEL HILL



THE COLLECTION OF
NORTH CAROLINIANA

Cp641.5
D87h

UNIVERSITY OF N.C. AT CHAPEL HILL



00030713853

FOR USE ONLY IN
THE NORTH CAROLINA COLLECTION
